

From: [Mueller, Bruce](#)
Subject: Update from the COP Dean's Office for BSPS Students
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September 29, 2020

Dear BSPS Students,

We had a very moving Anti-Racism vigil last Saturday. Thanks to all of you for attending and to Dr. McClinton for hosting. The issue of systematic racism is real in today's day and age, and if you don't believe it, see the new deeply disturbing [Executive Order on Combatting Race and Sex Stereotyping](#) that the White House issued last week. The order seeks to impose limits on workplace diversity, equity, inclusion, and anti-racism training. In addition, it seeks to limit the use of federal grant funds for discourse around topics the order calls "divisive." The very nature of the order attempts to undermine diversity, equity and inclusion work, free speech, and most importantly, our efforts to acknowledge and dismantle structures of racism, sexism, and injustice. President Schlissel and Provost Collins have already shared communication with you challenging the order. The speakers at our vigil reminded all of us that we must fight every day to make the College an inviting and welcoming space for all of our community, regardless of race, identity, gender, socioeconomic status, religion, and background. We are absolutely committed to fighting all aspects of racism and injustice.

BSPS PROGRAM

❖ **What to do if I have been exposed to, have symptoms of, or test positive for COVID?**

There continues to be changing information for what to do when exposed to COVID or testing positive for COVID. Below is the current approach for what to do in these instances on our campus.

All students have been informed of the new [Policy on protecting the health and safety of the College of Pharmacy community relating to COVID-19](#). Students are expected to follow University protocols for reporting possible exposure to or symptoms of COVID, including self-

quarantining while waiting for the results of a COVID test.

For a useful visual guide see this [scenario flowchart](#) for students living off campus or this [scenario flowchart](#) for students living on campus.

GENERAL INFORMATION

- ❖ **“In the Interim” Program:** This week’s networking event will be with Dr. Timothy Cernak, Assistant Professor of Medicinal Chemistry. **We will learn more about Dr. Cernak’s networking tips for a career in industry and what the Cernak lab has been working on to meet the world’s COVID-19 crisis needs**, and much more on **Thursday, October 1 from 5:30-6:00PM**. Don’t forget to register!

- ❖ **Register to vote:** October 19th is the last day to register to vote in Michigan by mail or online. Don’t miss out! Visit the <https://govote.umich.edu> to get registered and help UMich win the Big Ten Voting Challenge. <https://bit.ly/VoterPSA1> #GoBlueGoVote, #BIGVotes #VictorsVote. Find your personal situation below and follow the directions that apply to you:
 - 1) **IF YOU ARE A REGISTERED VOTER IN MICHIGAN**, check at <https://ballotpower.org> under Ballot Tracking to find out if you are signed up to receive a November absentee ballot. If not, to get a November absentee ballot click on Absent Ballot, and then click on Apply Online.
 - 2) **IF YOU ARE A VOTER REGISTERED OUTSIDE MICHIGAN**, you have the option of registering to vote here or staying with your previous registration. If you want to register here, you can do so online at: <https://mvic.sos.state.mi.us/RegisterVoter> (requires a valid Michigan driver’s license or state ID AND knowledge of your Social Security Number)
 - 3) **IF YOU ARE NOT REGISTERED TO VOTE**, you can do so online at: <https://mvic.sos.state.mi.us/RegisterVoter> (requires a valid Michigan driver’s license or state ID AND knowledge of your Social Security Number)
 - 4) **IF YOU DO NOT HAVE A MICHIGAN DRIVER’S LICENSE, BUT WANT TO REGISTER HERE** use Turbovote: <https://umich.turbovote.org/> or download a National Voter Registration Form: https://www.eac.gov/sites/default/files/eac_assets/1/6/Federal_Voter_Registration_ENG.pdf
 - 5) **IF YOU DO NOT KNOW WHETHER YOU ARE REGISTERED TO VOTE**, you can check online at: <https://www.nass.org/can-i-vote/voter-registration-status>

Absentee Voting Tips:

- 1) In light of reported slowing of U.S. Post Office mail handling, early action is vital!
- 2) Follow the instructions on the ballot and on the return envelope.
- 3) Don’t forget to sign your ballot AND the indicated place on the return envelope.

- 4) VOTE EARLY, AND RETURN YOUR BALLOT IN PERSON OR BY MAIL EARLY (with 1 or possibly 2 stamps)
- 5) If you haven't mailed your absentee ballot by October 10th, return it in person to your city or township clerk to avoid potential delays (ballots received after 8 p.m. on election day will not be counted)

❖ **Walk with Us!**: COP faculty and staff invite you to take a short 15-20 minute walk on campus so we can get to know you better, build our COP Community, and promote wellness. Students who are interested can self-schedule on this [Google Sheet](#).

❖ **Wolverine Access has transitioned to a new look**, which is designed to give users a personalized experience that offers extensive benefits including:

- One-click access to the U-M tools and resources that they use the most
- Robust search capabilities within the U-M digital universe
- A customizable individual experience, behind a secure login
- A mobile-friendly, responsive design that is easy to use on all devices

The previous version of Wolverine access will be available for a limited time by using the header at the top of the new [Wolverine Access gateway](#). Information about the new version is at: Introduction to [Wolverine Access video](#) and [Wolverine Access documentation](#).

YOUR WELL-BEING

❖ **AMAZING TRAINING OPPORTUNITY!**

The Mindfulness Center at Brown University -- the new "home" for Mindfulness-Based Stress Reduction (MBSR) training is conducting a research study for a called "Mindfulness-Based College for Young Adults." The Center is recruiting qualified young adults (18-29 y/o) who reside in the United States to participate in the 9-week online program. The program includes teaching mindfulness meditation and mindful movement as well as directing mindfulness-based skills towards enhancing diet, physical activity, sleep, stress recovery, cognitive performance, and social relationships. MBSR is considered the gold standard for this type of training and is evidence-based.

Much more information -- including a link to a screening form -- can be found at

[Mindfulness-Based College for Young Adults](#). Trust me, if I was in this age range, I would sign up in a heartbeat!

❖ **“GO BLUE! A NEW STUDENT’S GUIDE TO SURVIVING AND THRIVING AT U-M: MENTAL HEALTH TIPS.”**

While somewhat focused on first year students, the above toolkit has content applicable for us all. Remember that CAPS is open, working with hundreds of students each week. Some “quick links below”:

- CAPS [Website](#), especially [MiTalk](#) (self-help suite on the CAPS website)
- CAPS [Stressbusters App](#)
- [SilverCloud](#) (self-guided modules)
- [CAPS After Hours](#)
- [How to Make An Appointment](#)
- [COVID Support Hub](#)

Sincerely,
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